












IMAGINE STEPPING INTO
YOUR CHILD'S WORLD AND
SEEING THINGS FROM HIS
OR HER POINT OF VIEW.

www.militaryhomefront.dod.mil



Keeping routines while preparing to leave

Children like and need routines. Deployment often makes it necessary to change some aspects of family life, but when children know what to expect it helps them feel safer and more secure. Here are a few ideas to help you and your children maintain routines during this time.

-  Help your children find where you will be located on a world map, if possible, and help them make a plan for staying in regular contact.
-  Help your children set up a calendar where they can count down the days until you will be together again. Make a plan for a regular time (every Friday night at dinner or Sunday afternoon, etc.) when they will mark the calendar to keep track of the time when you will return, if it is known.
-  Keep family routines as normal as possible until the day you leave (bedtime stories, Saturday night movies, evening walks with the dog).
-  Talk about and practice any new routines that may take place during deployment.
 - Children may be walking home from school instead of a parent meeting them each day after school.
 - Children may be in charge of feeding pets while the parent is away.
-  Reassure your children that they can manage while you are gone.
-  Help your children make a list of ways they can help out while you are away.
-  Remind your children that the same rules/limits apply while you are away.
-  Choose a special time each day when you and your children agree to think of one another.
-  Give each child an IOU with a special activity (roller skating, going camping, spending an afternoon at the mall) to enjoy with you when you return.